

ANTI-DOPING

MANAGING RISK - SUPPLEMENTS

2025



MANAGING RISK – SUPPLEMENTS

TAKING DIETARY SUPPLEMENTS?



**EAT
REAL FOOD
INSTEAD!**

<p>SUPPLEMENT: PRE-WORKOUT</p> <p>FOODS THAT ENERGIZE YOU BEFORE YOUR WORKOUT:</p> <ul style="list-style-type: none">• Nut butter and jam/jelly on whole-grain bread• Low-fat Greek yogurt with fruit and water• Oatmeal, banana, and water• Low-fat granola and milk	<p>SUPPLEMENT: POST-WORKOUT</p> <p>FOODS THAT ENHANCE YOUR POST-WORKOUT RECOVERY:</p> <ul style="list-style-type: none">• Tuna, whole-grain crackers, fruit, and water• Chocolate milk (or soy milk) and fruit• Yogurt, fruit, granola, and juice• Nuts, fruit, and water	<p>SUPPLEMENT: BODYBUILDING</p> <p>FOODS THAT PROMOTE MUSCLE GROWTH:</p> <ul style="list-style-type: none">• Lean meats• Poultry• Fish and seafood• Milk and Greek yogurt• Beans and lentils• Nuts and seeds• Tofu• Eggs
<p>SUPPLEMENT: WHEY OR CASEIN PROTEIN</p> <p>FOODS SOURCES OF WHEY OR CASEIN:</p> <ul style="list-style-type: none">• Milk• Cottage cheese• Ricotta cheese• Yogurt	<p>SUPPLEMENT: BRANCHED-CHAIN AMINO ACIDS</p> <p>FOODS SOURCES OF BCAAS:</p> <ul style="list-style-type: none">• Meats• Poultry• Fish and seafood• Milk• Cottage cheese	<p>SUPPLEMENT: WEIGHT LOSS</p> <p>FOODS THAT HELP YOU LOSE WEIGHT:</p> <ul style="list-style-type: none">• Fruits and veggies• Whole grains (brown rice, quinoa, etc.)• Lean proteins (fish, poultry, beans, nuts, and dairy)• Unsweetened beverages (water, low-fat milk, tea, etc.)

OPERATION SUPPLEMENT SAFETY | OPSS.ORG **USU** **CHAMP**
Uniformed Services University Consortium for Health and Military Performance

A varied nutrient rich diet is essential to help you perform at your best. Diet affects performance and the foods you choose during training and tournament play will affect how well you train and compete. Getting the right amount of energy to support and promote muscle tissue adaptations to training, as well as to stay healthy and perform to your optimal level is important. Your nutritional needs are individual and will change across the season.

A diet based largely on vegetables, fruits, beans, legumes, grains, lean animal meats, fish, oils and carbohydrate should ensure an adequate intake of all essential vitamins and minerals. Eating an adequate, balanced diet reduces the need for additional supplementation, and the health and doping risks associated with the use of unregulated supplement products.

However, due to travel and competition schedules, or food tolerance issues, it may be challenging to manage your diet adequately. Plan your approach to nutrition over your tournament schedule, consider what you are doing each day and what types of food are available and might be helpful. Help regarding food choices and supplement use can be aided by discussion with a qualified dietician or nutritionist.

SUPPLEMENT USE

Players keen to maximise their performance may consider the use of supplements. Decisions about supplement use should be made carefully with an awareness of the **risks** involved. Unlike medicines or foods, which are regulated by national legislation, there is currently no governing regulation of the supplements industry. As a result, supplements **may contain banned substances**, and it is possible that not all ingredients are accurately listed on the product information label.

Many dietary supplements make unsubstantiated and/or exaggerated claims as to the efficacy of their product. Supplements include vitamins, minerals, products which claim to aid recovery, increase energy, drinks, bars, herbal remedies and homeopathic products. **Evidence has shown that taking supplements can pose a risk of Players returning positive anti-doping tests.**

Be aware- you are **strictly liable** for any and all substances detected in your sample, even if a banned substance has been ingested unknowingly. **Using a contaminated supplement is no defence for an anti-doping rule violation.** Players are strongly recommended to undertake the following checks to reduce the risk of a doping offence.

DO I NEED IT?

A qualified dietician or nutritionist can analyse your diet and identify a need for additional supplementation that cannot be obtained through a variation of your diet, it is important you choose your supplementation carefully. Ask questions, assess the risk, evaluate your needs, is it beneficial for golfers?

Q Is there valid (independent, third party) evidence the supplement really works?

A Remember any product that claims to alter the physiology of the body should be licensed as medicine. Often if advertising claims seem too good to be true, they probably are.

Q Is the product on general sale, or available across the internet or social media?

A Avoid products not generally available or a manufacturer who also produces supplements containing prohibited substances.

Q Has the company's product been implicated in any positive anti-doping cases?

A High risks lists exist, research the product for doping links. Some products are tested by independent quality assurance schemes. These do not guarantee the product is doping free.

CHECK THE FOLLOWING -

- ✓ Always seek professional advice about your diet and whether you really need supplementation.
- ✓ Never use a supplement without understanding the possible impact on your health, on other medications and risk of a positive drug test for prohibited substances.
- ✓ If a supplement is recommended to you, who recommended its use, do they have any commercial interest in the supplement/company?
- ✓ Check claims made by the manufacturer, do they imply performance benefits, muscle building, age/sexual performance enhancement or fat burning capabilities?

- ✓ Obtain a written, up to date guarantee from the supplement company about the contents of their products.
- ✓ Does the company participate in a quality assurance system, using independent ISO certified laboratory standards?

Keep a record of supplements you use and a copy of the product labels.

Keep a record of the research you have undertaken to check the supplement does not contain prohibited substances, name and date of anyone who advised you to use a product/supplement.

Assess the need – look at your diet, nutrition plan, and your training and performance schedule

Consider risks and options; food first is; avoid fat burners, muscle builders, age/sexual enhancers;

Take action to reduce your risk of an anti-doping rule violation caused by a supplement.

WARNING – avoid supplements that claim to contain		
Muscle building, weight gain, fat burners, weight-loss, sexual enhancement or energy supplements.	Proprietary blends of ingredients, trademarked, patented ingredients.	Herbal ingredients, 'all-natural' substances, newest scientific breakthrough, secret formula, alternatives to prescription medications or treatment for disease.
Remember – if it sounds too good to be true, it probably is!		

DP WORLD TOUR DOES NOT ENDORSE OR RECOMMEND ANY SPECIFIC SUPPLEMENT PRODUCTS.

What about Vitamins and Minerals?

Vitamins and minerals produced by reputable pharmaceutical companies, especially those with a product authorisation number, available to the general population are less likely to be associated with health risks or inadvertent positive tests.

Check the label carefully. Keep to the recommended daily amount; remember more is not always better.

Food products are generally labelled “**Nutrition Facts**” with a list of ingredients.

Dietary supplement products are often labelled “**Supplement Facts**”, listed ingredients may not be complete.

Medicines are labelled with a **product licence number** and include a list of ingredients and patient advice on dosage.

A simple way to determine whether a product is a food or a supplement is to review the label on the product. Food products have a standard “Nutrition Facts” box on the product label.

Nutrition Facts					
Serv. Size 6 Pieces (23g) Calories 100 Servings Per Container 1 Calories from Fat 0	Amount/Serving Fat 0g Sat. Fat 0g Trans Fat 0g Cholest. 0mg	% DV* 0% 0% 0%	Amount/Serving Sodium 70mg Potassium 20mg Total Carb. 24g	% DV* 3% 0% 8%	Amount/Serving Dietary Fiber 0g Sugars 12g Protein 0g
* Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 20% • Vitamin C 20% • Calcium 0% • Iron 0% • Vitamin E 20%					
100%					

Supplement Facts					
Total Carb. 20g Sugars 20g † 1 packet/1 scoop (23g) Calories 80	% DV* 7% 100%	Amount/Serving Riboflavin (B2) Niacin (B3) Vitamin B6 Folate Vitamin B12 Calcium	% DV* 10% 20% 10% 10% 10%	Amount/Serving Iron Magnesium Choline Sodium 200mg Potassium 50mg	% DV* 10% 12% 10% 6% 4%
* Percent Daily Values (DV) are based on a 2,000 calorie diet.					
† Daily Value not established.					
Organic Evaporated Cane Juice Crystals • Natural Flavor					

SUPPLEMENT TESTING SCHEMES

To minimise the risks associated with supplements use a certified testing scheme which analyses supplements and their ingredients to check for contamination with prohibited substances. Supplement testing schemes may **reduce** but **do not remove** the risk of doping substances being present. Several supplement testing schemes are available:



INFORMED SPORT Supplements tested through the INFORMED SPORT system are authorised to include the INFORMED SPORT logo on their product packaging and to be included on the INFORMED SPORT website directory. INFORMED SPORT uses ISO 17025 accredited methods to product test supplements according to defined levels of detection, this includes continuous testing of products on a 'blind' basis i.e. not only product submitted for initial screening.

www.informed-sport.com/tested_products.html



The **NSF Certified for Sport™** program can help identify products (mainly US) that have been tested for banned substances: www.nsf-sport.com. The NSF Certified for Sport mark appears on the label of a tested supplement.



The **Cologne List®** includes sport-related nutritional products such as sports drinks, bars etc: www.koelnerliste.com/no_cache/en/product-database.html



Banned Substances Control Group offer certified drug-free supplements for sport, offering a searchable database of supplement products and ingredients, and a supplement testing service for athletes. www.bscg.org



Human & Sport Drug Testing Australia (**HASTA**) is Australia's first commercial product testing and certification organisation for WADA banned substances. Certification of a product involves testing and verification of the manufacturing quality controls. <https://hasta.org.au/>



Supplement Lab Tests collects and publishes information about supplements and their contents, for example amino spiking. Testing is outsourced to a food safety/nutritional value laboratory. <http://www.supplementlabtest.com/>

No certification programme can guarantee that a supplement does not contain banned substances; BE AWARE: . Anti-Doping science continually improves and related compounds may not be detectable through commercial testing systems. The principle of **strict liability** always applies.

HIGH RISK SUPPLEMENT LIST



Supplement Connect : A comprehensive guide to supplement risks, including a high-risk list of supplements known to contain prohibited substances is available through the US Anti-Doping Agency website; (create an account to access), <https://www.usada.org/substances/supplement-411/>

DECLARING SUPPLEMENTS AND ANTI-DOPING TESTS

It is in your own interest to declare all medications and supplements taken in at least the past 10 days when you are tested.

Keeping a record of the supplements you use including a (photo) record of:

- batch numbers
- ingredients list
- receipt of purchase

This can be helpful, especially if an investigation is launched to identify the presence of a prohibited substance following a report of an adverse finding. A Medical File doc (available through Player Portal) is a useful way to record and update your medication/supplement regime.



“All Members, Players, Related Personnel and Employees of the PGA European Tour must act with honesty and sportsmanship at all times so that we represent the honour and dignity of fair play and preserve the recognised high standards associated with Integrity in Golf”.

For more information on the European Tour Integrity Policy:

<https://www.europeantour.com/european-tour/news/articles/detail/the-european-tour-integrity-programme/>

FURTHER INFORMATION - CONTACT

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